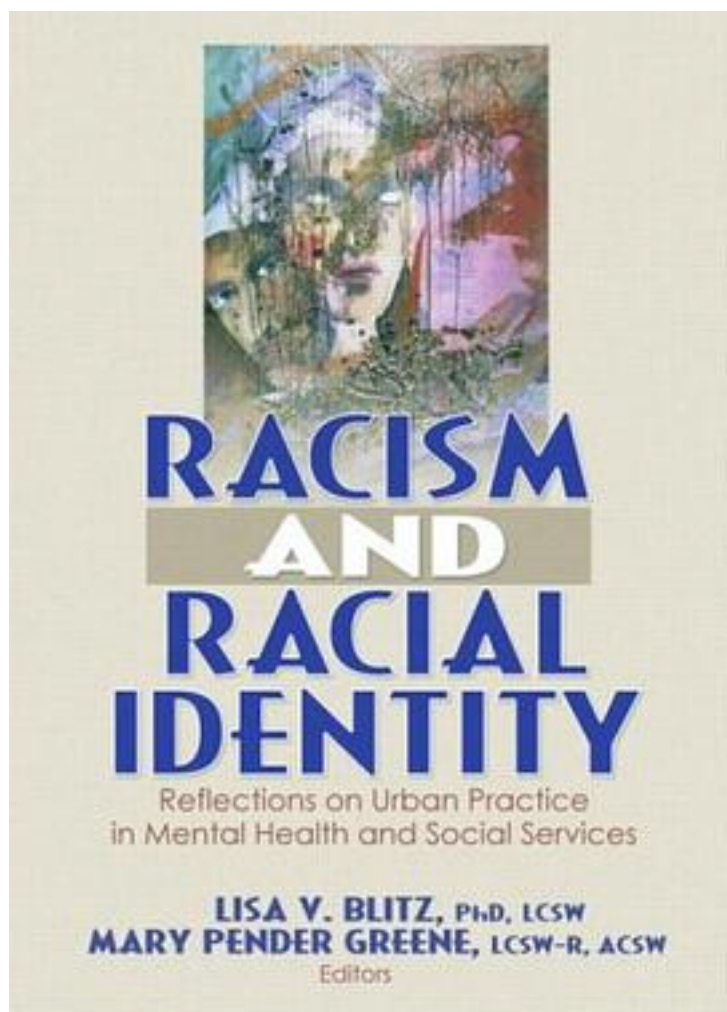


Racism and Racial Identity



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出版者:Haworth Pr Inc

出版时间:2006-11

装帧:HRD

isbn:9780789031082

Help rid social work practice and service delivery of all traces of racismRacism and

Racial Identity captures the insights and struggles of social work practitioners joined together in their efforts to rid the mental health and social services field of embedded bias and racism. This powerful book examines the emotional and psychological impact of racism, culture and identity within the context of racism, and racial identity in treatment. The book's contributors address the "invisible" aspects of racism (stress, abuse, and trauma), social functioning, domestic violence, and foster care, with a special focus on women and West Indian, Afro-Caribbean, and Mexican clients. Each chapter of Racism and Racial Identity examines a different facet of the impact of race and racism on psychotherapeutic work, emotional healing, and service delivery. The book's contributors draw from years of experience to provide a sociopolitical analysis of racism that places the social construct of race in a historical context. Their in-depth examination of treatment populations and issues, combined with an exploration of racial identity and internalized racism of both therapist and client, will inspire mental health professionals and students to incorporate deeper levels of antiracist philosophy into their work. Racism and Racial Identity examines: * the racial identity development of the therapist* how racism impacts social functioning* socially inflicted trauma* the impact of racism of on an individual's strengths* how racism exaggerates limitations* how internalized racism impacts parenting* trauma symptoms arising from migration* battered women of color* race-related stress on families and couples* target marketing of harmful commodities (alcohol, tobacco, etc.)* the availability of illicit drugs, food that lacks nutrition, inadequate housing and medical care for oppressed people* interventions to combat racism (identifying resilience and strengths of people of color)* and much moreRacism and Racial Identity is an essential professional resource for mental health practitioners working in all disciplines, including social work, psychology, and counseling, and for students preparing for careers in the mental health fields.

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